

The **REVOLUTION** in Orthotic Management for All Patients

QUADRASTEP SYSTEM®



NOLARO²⁴LLC
the alternative to custom orthotics

QUADRASTEP
SYSTEM®

littleSTEPS®
foot orthotics for kids

The **QUADRASTEP SYSTEM**® offers

- 6 pre-fabricated foot orthoses biomechanically tailored to each foot type
- An easy to learn 4 step assessment process to identify 6 specific foot types
- No casting/impressions/scans required
- Immediate patient results

WHY TREAT ALL FEET THE SAME?

The **QUADRASTEP SYSTEM**® is based on a clinical assessment algorithm which identifies and differentiates the structural and functional aspects of the foot into 6 specific foot “types”.

Each foot type influences not only the patients gait but the conditions and pathologies which may affect them throughout their lives.



The **QUADRASTEP SYSTEM**® approach to prescribing prefabricated functional foot orthoses is easy to use and brings immediate improvement to patients' symptoms. The 4 steps to selecting a device with the correct features are based on many years of clinical experience and scientifically researched evidence.

WHAT MAKES QUADRASTEP® ORTHOSES UNIQUE?

QUADRASTEP® orthoses are manufactured from an injection molded thermoplastic compound which has a unique combination of strength with a “soft-edge” feel which gives incredible support while maintaining high patient comfort and therefor improving patient compliance. The devices are a single piece incorporating all of the required postings, recesses and heel cup/sidewall heights to effectively treat the specific foot type diagnosed requiring no additional adjustments.

Made with **PRIDE**
in the **U.S.A.!**

For More information on the **QUADRASTEP SYSTEM**®
please contact your sales representative or
877-792-4669 • nolaro24.com • info@nolaro24.com

QUADRASTEP SYSTEM®

The QUADRASTEP SYSTEM® is based on a clinical algorithm* identifying 24 unique foot types. These 24 foot types are subdivided into 6 groupings of 4, known as "QUADS". Each QUAD has its own very specific foot and gait characteristics.

Why Treat all feet the same?

An individual's foot type (quad type) can influence not only how they walk, but the conditions and pathologies that may afflict them throughout their lives. Unlike other pre-fabricated orthoses that have a "one-shape-fits-all" limitation, the QUADRASTEP SYSTEM® offers a more tailored solution for each foot type.

24 FOOT-TYPE ASSESSMENT MODEL

REARFOOT VARUS DEFORMITIES

UNCOMPENSATED VARUS		COMPENSATED VARUS		
LARGE	MEDIUM	SMALL		
#1	#2	#3	#4	LARGE
A		B		
#5	#6	#7	#8	SMALL
#9	#10	#11	#12	NEUTRAL
C		D		
#13	#14	#15	#16	SMALL
#17	#18	#19	#20	MEDIUM
E		F		
#21	#22	#23	#24	LARGE

FOREFOOT VARUS DEFORMITIES

FOREFOOT VALGUS DEFORMITIES

FOREFOOT VARUS DEFORMITIES

*U.S. Patent No. 7,789,840

LEFT FEET SHOWN ABOVE

THE QUADRASTEP SYSTEM®

A

SEVERE PES CAVUS

GAIT

Propels forcefully from 1st Metatarsal

- Poor Shock Attenuation
- Excessive Supination
- Narrow or Cross Over Gait

B

KEY ORTHOTIC FEATURES

- Lateral Forefoot Posting
- 1st MTH Cut-Out
- Deep Lateral Heel Cup
- Equinus Correction
- Great for Ankle Instability!*

POSSIBLE CLINICAL SYMPTOMS

- Lateral Ankle Instability
- Peroneal Tendonitis
- Heel Pain
- 5th Metatarsal Base Pressure
- Lower Back Pain
- Sesamoiditis, Claw Toes
- Knee Recurvatum

KEY ORTHOTIC FEATURES

- Medial RF Posting
- Intrinsic Lateral FF Posting
- Mild Medial Skive
- Great for In-Toeing!*

B

MILD PES PLANUS

GAIT

Toe In Gait

- Pronates through Mid-Stance
- Re-supinates in Propulsion
- Propels off 1st and 2nd MTH's

D

KEY ORTHOTIC FEATURES

- Toe-In Gait
- Neuromas
- Sesamoiditis
- 1st Ray Hypermobility
- Sacro-Iliac Pain
- Often Unilateral if associated with leg length inequality

POSSIBLE CLINICAL SYMPTOMS

- Plantar Fasciitis
- Metatarsalgia
- Functional Hallux Limitus
- Patellofemoral Pain Syndrome
- Posterior Tibial Tendonitis
- Neuromas
- Dorsal Bunions

KEY ORTHOTIC FEATURES

- Deep Heel Cup
- Medial RF Posting
- Moderate Medial Skive
- Medial Flare
- Great for Plantar Foot Pain!*

C

NEUTRAL FOOT

GAIT

Toe Out Gait

- Poor Shock Attenuation
- Restricted STJ Pronation
- Propels off Medial Hallux

E

KEY ORTHOTIC FEATURES

- Neutral RF Posting
- Medium Arch
- Standard Depth
- Great for Hip and Back Pain!*

POSSIBLE CLINICAL SYMPTOMS

- Hip Pain
- Lower Back Pain
- Iliotibial Band Syndrome
- Retrocalcaneal Heel Pain
- Haglund's Deformity
- Medial Hallux Pinch Callus

KEY ORTHOTIC FEATURES

- Medial RF Posting
- 1st MTH Relief
- Mild Medial Flare
- Great for Heel, Shin & Knee pain!*

D

MODERATE PES PLANUS

GAIT

Propels off 2nd and 3rd Metatarsal (due to Transverse Metatarsal Arch Reversal)

- Neutral Toe Out
- Pronation through Midstance
- Midtarsal Joint Instability

F

KEY ORTHOTIC FEATURES

- Plantar Fasciitis
- Metatarsalgia
- Functional Hallux Limitus
- Patellofemoral Pain Syndrome
- Posterior Tibial Tendonitis
- Neuromas
- Dorsal Bunions

POSSIBLE CLINICAL SYMPTOMS

- Posterior Tibial Dysfunction
- Tarsal Tunnel Syndrome
- Plantar Fasciitis
- Knee Valgus/DJD
- Subfibular Impingement
- HAV/Bunions
- Splayfoot

KEY ORTHOTIC FEATURES

- Depth Orthosis
- Large Medial Skive
- Medial RF & FF Posting
- 1st MTH Cut-Out to ↑ Peroneal Function
- Great for PTTD!*

E

ABDUCTOVARUS FOREFOOT

GAIT

Medial Heel Whip

- Narrow Heel Base Gait
- Restricted Subtalar Pronation
- Pivots at 5th MTH in Propulsion

F

KEY ORTHOTIC FEATURES

- Medial RF & FF Posting
- 5th MTH Cut-Out
- 1st MTH Relief
- Mild Medial Flare
- Great for Heel, Shin & Knee pain!*

POSSIBLE CLINICAL SYMPTOMS

- Plantar Fasciitis / Heel Pain
- Shin Splints
- Knee Pain
- Tailor's Bunionette
- Calcaneal Apophysitis (Sever's Disease)
- Osgood-Schlatter Disease

KEY ORTHOTIC FEATURES

- Depth Orthosis
- Large Medial Skive
- Medial RF & FF Posting
- 1st MTH Cut-Out to ↑ Peroneal Function
- Great for PTTD!*

F

SEVERE PES PLANOVALGUS

GAIT

Lateral Column Instability

- Pronates through Propulsion
- Severe MTJ Instability
- Propels from Central MTH's

E

KEY ORTHOTIC FEATURES

- Posterior Tibial Dysfunction
- Tarsal Tunnel Syndrome
- Plantar Fasciitis
- Knee Valgus/DJD
- Subfibular Impingement
- HAV/Bunions
- Splayfoot

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LEFT FEET SHOWN ABOVE
 *U.S. Patent No. 7,789,840
877.792.4669

Why Treat All Feet The Same?
info@nolaro.com • nolaro24.com

QUADRASTEP SYSTEM®
 is a product of
NOLARO²⁴ LLC
 the alternative to custom orthotics

STEP 1

Identify medial arch height

CAVUS MEDIUM TO HIGH

CHOOSE FROM:



PLANUS MEDIUM-LOW TO LOW

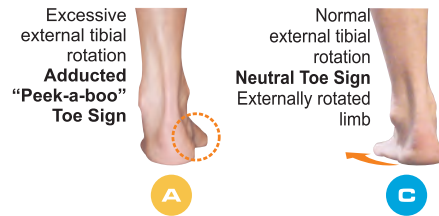
CHOOSE FROM:



STEP 2

Identify foot & leg position

CHOOSE FROM



OR CHOOSE FROM



STEP 3

Identify gait style

CHOOSE FROM

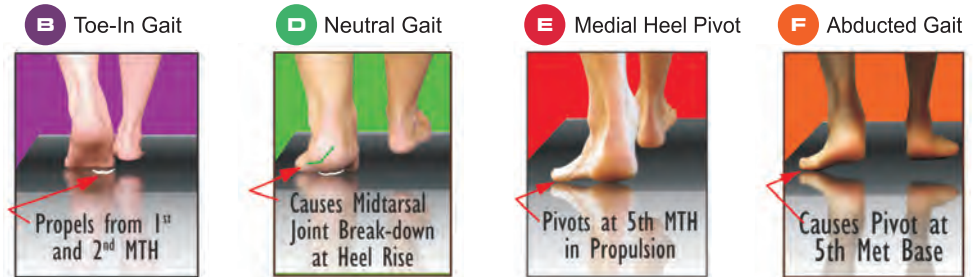


A Narrow Gait



C Toe-Out Gait

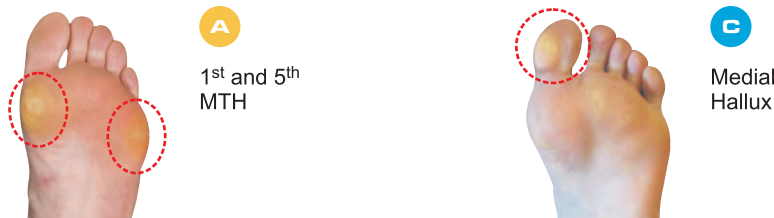
OR CHOOSE FROM



STEP 4

Check against callus pattern

CHOOSE FROM



OR CHOOSE FROM

B 1st and 2nd MTH D 2nd MTH E 2nd and 5th MTH F Large Central MTH



4 Easy Steps to Choosing a Foot Type



You can download our Free NEW APP and use the Easy Foot Typing Tool Just scan the QR code with your smartphone or go to: <http://m.magmito.com/121342/326578storet>

Nolaro24™ : Bridging the Gap Between Custom and Non-Custom Orthotics

By Louis DeCaro, DPM

Nolaro24™, LLC, founded by Roberta Nole and myself, have proudly supplied the QuadraStep Orthotic System and littleSTEPS line of pediatric foot orthoses and gait plates to the podiatry profession over the last 5 years. These devices provide today's podiatrist with an entire line of pre-fabricated functional foot orthoses to treat children and adults with an alternative to custom.

In today's practice, the "ideal" method of treating patients via custom orthoses is often time and cost-prohibitive due to declining reimbursements. In contrast, off-the-shelf "arch supports", although less expensive, usually lack adequate biomechanical support. The QuadraStep Orthotic System™ bridges the gap between custom and non-custom orthoses.

The QuadraStep Orthotic System™ is based on Nole's 10+ years of research, refinement and practical application of a foot typing model. It details a specific methodology implementing a clinical algorithm that categorizes a patient's foot into one of 24 types. Trained podiatrists are able to classify a patient's foot type and dispense prescription-based orthoses within minutes.

The QuadraStep Orthotic System™ simplifies the 24 foot-type medical model into 6 subclassifications known as "Quads", groups of four relatively similar foot types. The 6 Quads are lettered A through F, and are color coded for further clarification.

Unlike other off-the-shelf orthotic systems that offer only a "One-Shape-Fits-All" arch support, the QuadraStep Orthotic System™ offers 6 Quad specific functional orthoses, each biomechanically tailored to that of a true custom prescription.

The QuadraStep Orthotic System™ offers several distinct advantages to podiatrists. First, it is easy to learn and can be quickly applied in a clinical setting. Second, it eliminates the need for costly and messy foot impressions that often are prone to error. Third,

there is no wait. The orthoses can be stocked in-house and ready for immediate delivery. Fourth, and most importantly, the product offers truly custom results at only a fraction of the cost of traditional custom orthoses.

The original QuadraStep System was produced with 6 adult size ranges in one full width that provided complete biomechanical control. *While very successful, we recognized that many practitioners wanted a lower volume device with similar biomechanical properties. As a result, we now offer a NARROW version of the QuadraStep Orthoses. The NARROW versions offer the same exact posting prescription and materials as the original width, but with an overall decrease in width by a quarter inch, including a slightly less deep heel cup.*

This narrow version is designed to fit in more casual style shoes such as loafers, and also fits a narrower foot better. The NARROW version is a popular choice for patients in ordering "2nd pairs" for their more casual shoes. Their original pair provides complete mechanical control in their full fitting and athletic shoes and the 2nd NARROW pair gives them flexibility to wear "nicer" shoes with similar biomechanical control.

Today's decline in economic conditions and rising co-pays makes it difficult for some patients to include a foot orthoses

program into a family budget. This results in an increased demand on today's podiatric physician to find ways to provide quality health care. The QuadraStep Orthotic System™ enhances podiatric practice management by simultaneously addressing budgetary concerns and the need for immediate orthotic intervention. In addition, it offers the podiatrist an opportunity to expand their orthotic practice in a timely and efficient manner.

For more information contact Nolaro24 at info@thequadrastepsystem.com, visit www.thequadrastepsystem.com or call 877 792-4669, or circle #155 on the reader service card.



The **NEXT STEP** in Foot Orthotic Design

QUADRASTEP



Prefabricated Custom To Foot Type Orthotics

**NOW
AVAILABLE!!**

QUADRASTEP SYSTEM[®]
orthotics narrowed 1/4" to fit in casual/
dress shoes or cleats

Original Width →

NEW Narrowed Width →

D2 Right Foot
(actual size)



available with
or without
FULL LENGTH
COVER



For More information on the **QUADRASTEP SYSTEM**[®]
please contact your sales representative or
877-792-4669 • nolaro24.com

SALES REP _____

CUSTOMER # _____

DATE _____

Submit orders to: Tel **877.792.4669** Fax **(203) 758-1011** E-mail **orders@nolaro24.com**

Office Name: _____ Phone () _____
 Type of Practice: _____ Fax () _____
 Contact Name: _____ PO# _____
 Email Address: _____

Ship To:

Name: _____ Address: _____
 City: _____ State _____ Zip _____

Bill To: (if different)

Name: _____ Address: _____
 City: _____ State _____ Zip _____

Credit card and billing address: (if different) Keep credit card on file for future orders? Y N Invoice _____

Name: _____ Street or P.O. # _____ Zip _____
 Account # _____ Exp _____ CCV* _____ Amex _____ MC _____ Visa _____ Disc _____

*CCV security code is the last 3 digits on the back of your credit card in the signature box

QUADRATESTP PAIRS

With bag Without bag (please enter number of pairs on line)

A Quad Regular Topcovered Narrow Topcovered
 Size 1 _____
 Size 2 _____
 Size 3 _____
 Size 4 _____
 Size 5 _____

B Quad Regular Topcovered Narrow Topcovered
 Size 1 _____
 Size 2 _____
 Size 3 _____
 Size 4 _____
 Size 5 _____

C Quad Regular Topcovered Narrow Topcovered
 Size 1 _____
 Size 2 _____
 Size 3 _____
 Size 4 _____
 Size 5 _____
 Size 6 _____

D Quad Regular Topcovered Narrow Topcovered
 Size 1 _____
 Size 2 _____
 Size 3 _____
 Size 4 _____
 Size 5 _____
 Size 6 _____

*Size 6 available in the C and D Quads ONLY

*Size 6 available in the C and D Quads ONLY

E Quad Regular Topcovered Narrow Topcovered
 Size 1 _____
 Size 2 _____
 Size 3 _____
 Size 4 _____
 Size 5 _____

F Quad Regular Topcovered Narrow Topcovered
 Size 1 _____
 Size 2 _____
 Size 3 _____
 Size 4 _____
 Size 5 _____

* Narrow orthotics are 1/4" narrower grind for casual shoes and cleats. No extra charge.

Fitchain _____ 30 pr Kit _____ 24 Foot Type Poster _____
 Marketing Kit _____ Narrow 30 pair Kit _____ 6 Quad Poster _____
 Widget Kit _____ Heel Lifts S M L _____ Wedge Strip _____
 Met Mounds S M L _____

SPECIAL INSTRUCTIONS

Return Policy: Items may be returned for future credit unused and undamaged in original packaging within 30 days of purchase with copy of original receipt. 25% re-stocking fee may apply.

LITTLESTEPS

Foot Orthotics Pairs

Pairs	Qty.
Size 00	_____
Size 0	_____
Size 1	_____
Size 2	_____
Size 3	_____
Size 4	_____
Size 5	_____
Size 6	_____
Size 7	_____
Size 8	_____
Size 9	_____
Fitchain	_____
Marketing Kit	_____

LITTLESTEPS

Gait Plate Pairs

Pairs	Qty.
Size 00	_____
Size 0	_____
Size 1	_____
Size 2	_____
Size 3	_____
Size 4	_____
Size 5	_____
Size 6	_____
Size 7	_____
LS Kit	_____
GP Kit	_____

SIZE	MODEL	U.S. KIDS	U.S. MEN	U.S. WOMEN	EURO
9	YOUTH/ADULT*	7.5 to 8.5	7.5 to 8.5	9 to 10	41 to 42
8	YOUTH/ADULT*	6 to 7	6 to 7	7.5 to 8.5	39 to 40
7	YOUTH/ADULT*	4.5 to 5.5	4.5 to 5.5	6 to 7	37 to 38
6	CHILDREN	3 to 4			35 to 36
5	CHILDREN	1.5 to 2.5			33 to 34
4	CHILDREN	13 to 1			31 to 32
3	CHILDREN	11.5 to 12.5			29 to 30
2	CHILDREN	10 to 11			27 to 28
1	TODDLER	8.5 to 9.5			25 to 26
0	TODDLER	7 to 8			23 to 24
00	TODDLER	5 to 6.5			21 to 22

*Youth sizes are roughly equivalent to Men's sizes in length.

SIZING	Size #	US Women	US Men	Euro	UK
	Size 1	6.5 - 7.5	5.0 - 6.0	37 - 38	4.5 - 5.5
	Size 2	8.0 - 9.0	6.5 - 7.5	39 - 40	6.0 - 7.0
	Size 3	9.5 - 10.5	8.0 - 9.0	41 - 42	7.5 - 8.5
	Size 4	11.0 - 12.0	9.5 - 10.5	43 - 44	9.0 - 10.0
	Size 5	12.5 - 13.5	11.0 - 12.0	45 - 46	10.5 - 11.5
Size 6*	14.0 - 15.5	12.5 - 14.0	47 - 49	12.0 - 13.5	

* Size 6 is only available for the C and D Quads

SALES REP _____ CUSTOMER # _____ DATE _____

Submit orders to: Tel **877.792.4669** Fax **(203) 758-1011** E-mail **orders@nolaro24.com**

Office Name: _____ Phone () _____
 Type of Practice: _____ Fax () _____
 Contact Name: _____ PO# _____
 Email Address: _____

Ship To:
 Name: _____ Address: _____
 City: _____ State _____ Zip _____

Bill To: (if different)
 Name: _____ Address: _____
 City: _____ State _____ Zip _____

Credit card and billing address: (if different) Keep credit card on file for future orders? Y N Invoice _____
 Name: _____ Street or P.O. # _____ Zip _____
 Account # _____ Exp _____ CCV* _____ MC _____ Visa _____ Amex _____ Disc _____
*CCV security code is the last 3 digits on the back of your credit card in the signature box

32 PAIR STARTER KIT - BEST DEAL!!

Everything you need to start dispensing
QUADRASTEP[®] Orthotics to your patients
TODAY!

- 32 pairs (all sizes and Quads)
- 5 Drawer Storage Cart
- Educational Poster
- Marketing Material
- FREE Training Webinar

Includes 19" x 27"
 Educational Poster



DON'T FORGET!

Want to customize your orthotics yourself? **Try a Widget Kit!** Kit includes a variety of self-stick wedges, heel lifts, and met mounds.

Widget Kit _____ (\$25 ea.)

Kits

____ Regular Width Orthotics ____ Narrow Width* Orthotics

* 1/4" narrower grind for casual shoes and cleats. No extra charge.

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SIZING	Size #	US Women	US Men	Euro	UK
	Size 1	6.5 - 7.5	5.0 - 6.0	37 - 38	4.5 - 5.5
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	Size 3	9.5 - 10.5	8.0 - 9.0	41 - 42	7.5 - 8.5
	Size 4	11.0 - 12.0	9.5 - 10.5	43 - 44	9.0 - 10.0
	Size 5	12.5 - 13.5	11.0 - 12.0	45 - 46	10.5 - 11.5
	Size 6*	14.0 - 15.5	12.5 - 14.0	47 - 49	12.0 - 13.5

All sizes are available in Regular or Narrow Width

* Size 6 is only available for the C and D Quads